

Full Report (All Nutrients) 01068, Cream substitute, liquid, with lauric acid oil and sodium caseinate

Report Date: July 05, 2017 03:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.29

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container, individual 15g	0.5 cup 120g
Proximates						
Water	g	77.27	11	1.107	11.59	92.72
Energy	kcal	136	--	--	20	163
Energy	kJ	571	--	--	86	685
Protein	g	1.00	14	0.118	0.15	1.20
Total lipid (fat)	g	9.97	42	0.276	1.50	11.96
Ash	g	0.38	6	0.091	0.06	0.46
Carbohydrate, by difference	g	11.38	--	--	1.71	13.66
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	9	8	2.463	1	11
Iron, Fe	mg	0.03	5	0.030	0.00	0.04
Magnesium, Mg	mg	0	3	0.333	0	0
Phosphorus, P	mg	64	8	13.333	10	77
Potassium, K	mg	191	6	39.601	29	229
Sodium, Na	mg	79	8	17.019	12	95
Zinc, Zn	mg	0.02	1	--	0.00	0.02
Copper, Cu	mg	0.025	--	--	0.004	0.030
Manganese, Mn	mg	0.040	--	--	0.006	0.048
Selenium, Se	µg	1.1	--	--	0.2	1.3
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container, individual 15g	0.5 cup 120g
Riboflavin	mg	0.000	3	--	0.000	0.000
Niacin	mg	0.000	--	--	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	4	5	1.639	1	5
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	89	5	32.776	13	107
Lipids						
Fatty acids, total saturated	g	9.304	--	--	1.396	11.165
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.349	18	0.046	0.052	0.419
10:0	g	0.277	18	0.039	0.042	0.332
12:0	g	6.614	18	0.318	0.992	7.937
14:0	g	1.001	18	0.092	0.150	1.201
16:0	g	0.432	18	0.052	0.065	0.518
18:0	g	0.597	18	0.092	0.090	0.716
Fatty acids, total monounsaturated	g	0.106	--	--	0.016	0.127
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.106	18	0.036	0.016	0.127
Fatty acids, total polyunsaturated	g	0.003	--	--	0.000	0.004
18:2 undifferentiated	g	0.003	18	0.002	0.000	0.004
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	9	--	--	1	11
Amino Acids						
Tryptophan	g	0.014	--	--	0.002	0.017

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container, individual 15g	0.5 cup 120g
Threonine	g	0.042	--	--	0.006	0.050
Isoleucine	g	0.061	--	--	0.009	0.073
Leucine	g	0.099	--	--	0.015	0.119
Lysine	g	0.080	--	--	0.012	0.096
Methionine	g	0.030	--	--	0.004	0.036
Cystine	g	0.004	--	--	0.001	0.005
Phenylalanine	g	0.054	--	--	0.008	0.065
Tyrosine	g	0.057	--	--	0.009	0.068
Valine	g	0.072	--	--	0.011	0.086
Arginine	g	0.040	--	--	0.006	0.048
Histidine	g	0.030	--	--	0.004	0.036
Alanine	g	0.031	--	--	0.005	0.037
Aspartic acid	g	0.071	--	--	0.011	0.085
Glutamic acid	g	0.227	--	--	0.034	0.272
Glycine	g	0.020	--	--	0.003	0.024
Proline	g	0.113	--	--	0.017	0.136
Serine	g	0.062	--	--	0.009	0.074

Other